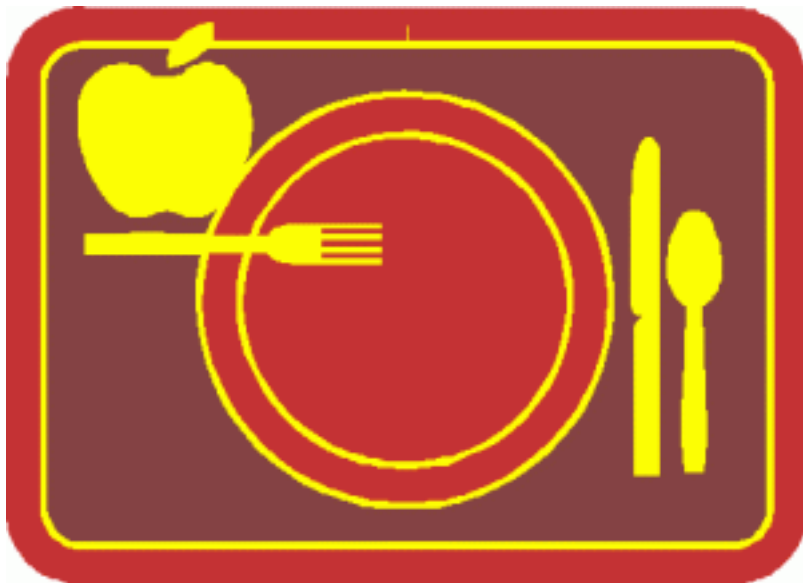


Congregate Meals



The Miami Springs Senior Center provides a nutritious, hot lunch five days a week to individuals age 60 and over that reside within Miami Springs and meet eligibility requirements. Good nutrition is a primary component of preventive health care and the Older Americans' Act provides federal dollars to fund nutrition programs such as ours. The meals are approved by at least two Registered Dieticians, independent of each other, and provide at least 1/3 of the regular daily allowance for those over 60. For some older citizens, the mealtime visit to the senior center gives them the opportunity to socialize and volunteer.

Source URL (retrieved on 2013-06-20 21:06): <http://www.miamisprings-fl.gov/elderlyservices/congregate-meals>